We claim:

1. A housing-shaped shielding plate for shielding an electrical component, including a radio-frequency, optoelectronic transceiver, the housing-shaped shielding plate comprising:

a shielding plate body having a first region to be disposed inside a metallic structure, and a second region to be inserted through a cutout of the metallic structure, said first region of said shielding plate body having elongated openings formed therein through which electromagnetic waves produced within said shielding plate body are coupled out of said shielding plate body.

- 2. The shielding plate according to claim 1, wherein said elongated openings are elongated slots.
- 3. The shielding plate according to claim 2, wherein said elongated slots have a length of $\lambda/2$ of the electromagnetic waves emitted.
- 4. The shielding plate according to claim 2, wherein said elongated slots run in a longitudinal direction of said shielding plate body.

- 5. The shielding plate according to claim 2, wherein said elongated slots run one of transversely and at an angle in relation to a longitudinal direction of said shielding plate body.
- 6. The shielding plate according to claim 5, wherein said shielding plate body has side faces and said elongated slots extend between opposite edges of one of said side faces of said shielding plate body.
- 7. The shielding plate according to claim 2, wherein said elongated slots have different lengths formed in said shielding plate body.
- 8. The shielding plate according to claim 1, including an absorber material for absorbing electromagnetic waves and applied over said elongate openings formed in said shielding plate body.
- 9. The shielding plate according to claim 1, wherein said shielding plate body forms a housing for receiving the electrical component.